

OCT 31 2006

P8686

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I think that's perfect.

What I like least about the proposed changes is

no comment

Thank you for reading my comments.

Sincerely,

Gabriela Sandoval
WIC Participant

Riverside County, California

OCT 31 2006

P8687

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

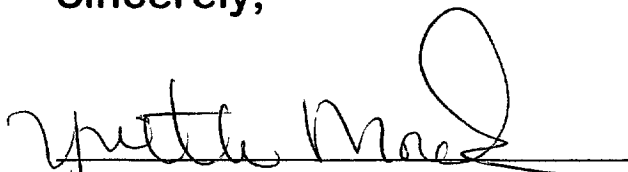
The cut back with the fat in the milk is great.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 13 2006

P8688

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is TO GET FRUITS & VEGETABLES INSTEAD OF EGGS

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Heer Bhagat Singh
WIC Participant

OCT 20 2006

Date: 10/18/06

P8689

06-P

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is that
bread & fruits are included gives more
of a variety of foods.

What I like least about the proposed changes is Nothing

Thank you for reading my comments.

Sincerely,

WIC Participant

OCT 20 2006

Date:

10/18/06

P8690

06-P

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is adding
fruits & vegetables tortillas

What I like least about the proposed changes is there is
no ~~more options~~ option
or choice to have yogurt.

Thank you for reading my comments.

Sincerely,

EMuena

WIC Participant

OCT 31 2006

P86.91

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

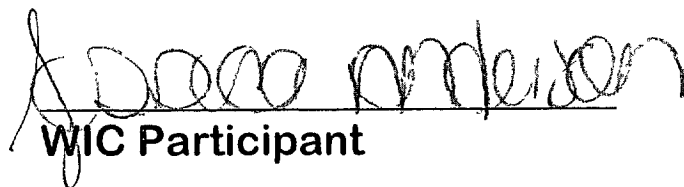
we can now (choose) fruits and
veggies as part of our plan.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8612

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

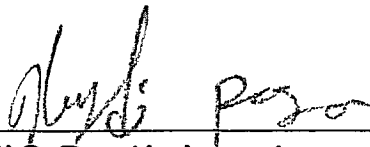
I am going to get vegetable and Fruit

What I like least about the proposed changes is

it going to be a big change for my children but that is good

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8693

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Fruits & Veggies are expensive, so it's a great help!

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

Cindy G. Sauer
WIC Participant

Riverside County, California

OCT 31 2006

P8694

OCT 21 2006
Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

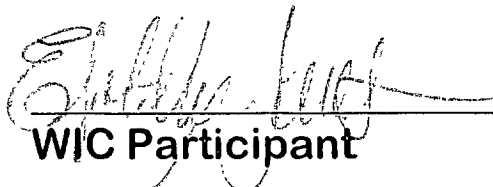
Use Healthy Foods

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8695

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

more stuff, such as (different) to feed

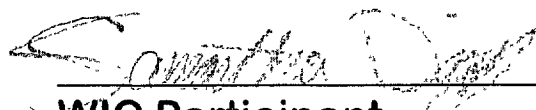
my kid.

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8697

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

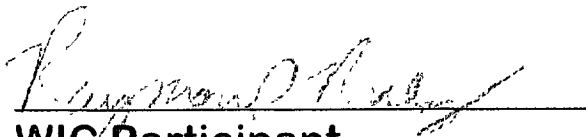
Any STARCH + FRUITS + VEGGIES

What I like least about the proposed changes is

LESS JUICES

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P8698

OCT 13 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is whole grains**

**What I like least about the proposed
changes is milk, cheese, eggs**

Thank you for reading my comments.

Sincerely,



WIC Participant

P8699

OCT 13 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

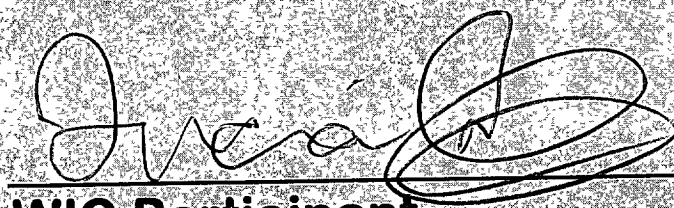
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is Fruits, vegetables & breads.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,



WIC Participant

10/11/06

OCT 13 2006

P8700

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is I like the idea of fruit + Veggies
and whole grains.**

**What I like least about the proposed
changes is is the changes of the
other items.**

Thank you for reading my comments.

Sincerely,



WIC Participant

OCT 13 2006

P8701

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Soy milk for 1 to 5 years old.

What I like least about the proposed changes is

is that they don't have soy for children

Thank you for reading my comments.

Sincerely,

Janette Erlanch

WIC Participant

P8701

OCT 13 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.


Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is Healthier for kids.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,



WIC Participant

P8702

OCT 13 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** I get ^{fruits} more veggies & this is
a great idea.

**What I like least about the proposed
changes is** I get less milk

Thank you for reading my comments.

Sincerely,



WIC Participant

P8703

OCT 13 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is Their would be more fruit and vegetable.

What I like least about the proposed changes is Not as much milk.

Thank you for reading my comments.

Sincerely,

Maria Abres

WIC Participant

OCT 13 2006

P8704

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

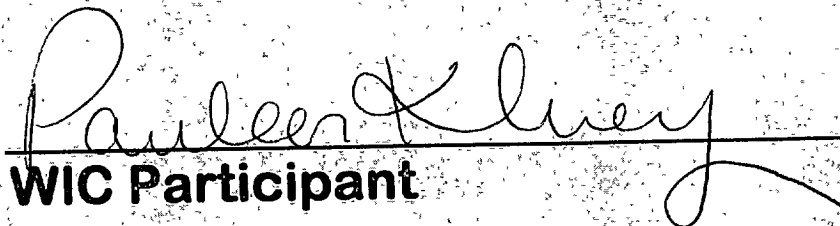
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is I like to have fruits.**

**What I like least about the proposed
changes is I don't like less eggs.**

Thank you for reading my comments.

Sincerely,


WIC Participant

OCT 13 2006

P8705

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is INCLUDING FRUITS
+ VEGGIES.**

**What I like least about the proposed
changes is DECREASE IN
MILK.**

Thank you for reading my comments.

Sincerely,



WIC Participant

OCT 13 2006

P8706

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is fruits and veggies along
with whole grains.**

**What I like least about the proposed
changes is the cut of cheese and
eggs.**

Thank you for reading my comments.

Sincerely,



WIC Participant

OCT 31 2006

P8707

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that there is less juice, and more fresh fruit and vegetables, and grains.

What I like least about the proposed changes is

there is going to be less cheese and eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P8708

OCT 13 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is you added wheat bread & fruits and veggies.

What I like least about the proposed changes is less eggs.

Thank you for reading my comments.

Sincerely,


WIC Participant

P8709

OCT 13 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is adding fruits and veggies as well as the grains.

What I like least about the proposed changes is less juice.

Thank you for reading my comments.

Sincerely,


WIC Participant

P8710

OCT 13 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is fruits + vegetables
+ bread.

What I like least about the proposed changes is reduced milk and
eggs.

Thank you for reading my comments.

Sincerely,

M. Bacard
WIC Participant

P8711

OCT 13 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

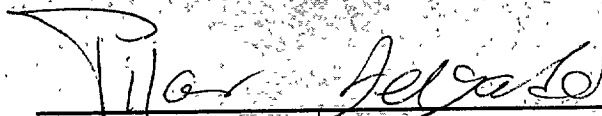
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is less juice**

**What I like least about the proposed
changes is less milk**

Thank you for reading my comments.

Sincerely,



WIC Participant

P8712
OCT 13 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is Option to chose from
beans & fruits.**

**What I like least about the proposed
changes is Cheese & milk.**

Thank you for reading my comments.

Sincerely,

Sandra Nauw
WIC Participant

P8713

OCT 13 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is new list of new items that are going to be added.

What I like least about the proposed changes is less amount of certain items like milk etc.

Thank you for reading my comments.

Sincerely,

Helen Ambry
WIC Participant

P8714

OCT 13 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is the fruits, veggies
& whole grains.**

**What I like least about the proposed
changes is less milk, cheese
eggs & sweets.**

Thank you for reading my comments.

Sincerely,


WIC Participant

OCT 13 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is proposal of whole grain foods
and fresh veggies.**

**What I like least about the proposed
changes is would like to soy offered
for kids due to allergies i youger.**

Thank you for reading my comments.

Sincerely,

Brenda Waser
WIC Participant

OCT 13 2006

P8716

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is the whole grains & the fruits and veggies.

What I like least about the proposed changes is Change is good.

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

P8717

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruits & vegetables & grains

What I like least about the proposed changes is

less milk, cheese & eggs & juice

Thank you for reading my comments.

Sincerely,

Christina Ross
WIC Participant

Riverside County, California

OCT 31 2006

P8718

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Adding bread and tortillas to WIC. Love the
adding of soy products, too

What I like least about the proposed changes is

The reduction of milk & eggs

Thank you for reading my comments.

Sincerely,

Rosa Price

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p8719

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

There will be more options to choose
from and Heather for my kids

What I like least about the proposed changes is

I like this idea nothing to dislike

Thank you for reading my comments.

Sincerely,

Kim Goss
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8720

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That you guys are adding more
fruits and vegetables

What I like least about the proposed changes is

That you guys are taking away
the eggs

Thank you for reading my comments.

Sincerely,

Mayra Cervera
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8721

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

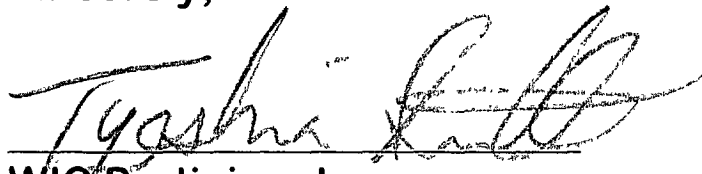
Thank you for added the Fruits and
vegetables. I think that it is a good
idea. And the juice idea is wonderful!

What I like least about the proposed changes is

The soy beverage is not a good idea.
But it is ok for some people

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p8722

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


there are fruits, veggies, ~~or~~ whole grain added on
which means more varieties of choices

What I like least about the proposed changes is

less milk - Milk is always going to be my top
choice ~~or~~ having less of it means I have to
provide more of it.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

10/11/06

OCT 31 2006

P8723

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

More variety "Good" & healthy
foods

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Mary Turner

WIC Participant

Riverside County, California

OCT 31 2006

P8724

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It may add vegetables & fruits and give
more availability

What I like least about the proposed changes is

less juices

Thank you for reading my comments.

Sincerely,

Oproula Perry
WIC Participant

Riverside County, California

OCT 31 2006

P8725

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

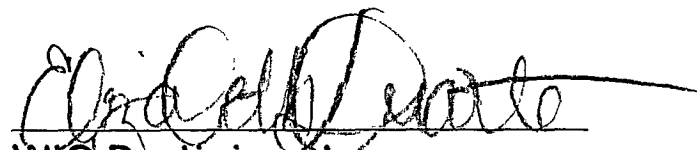
That it ~~is~~ has more variety,
and it is getting healthier.
also my kids like the change.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8726

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

less juices because of the sugar

and bread is good

What I like least about the proposed changes is

is the change in the milk and
eggs.

Thank you for reading my comments.

Sincerely,

Stephanie Gardner
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2008
P8721

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

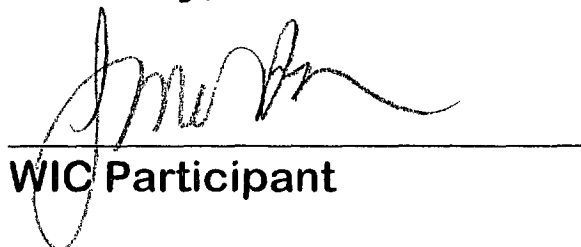
having fresh fruits & vegetables available to me. to feed my toddler is a better choice than only juice.

What I like least about the proposed changes is

~~there~~ there are no changes I like least.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8728

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruits and vegetables and canned beans.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Arianna Ayoub
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8729

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It is a more healthier choice for our kids, and one that they'll enjoy.

What I like least about the proposed changes is

Reduce Milk and cheese they like that so.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

P8730

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I use to have to many eggs and cheese
and now happy that Fruit will be added because
my children love grapes, apples, ect.

What I like least about the proposed changes is

The whole grains should have two chooses
like 1 lb of corn tortillas and 1 lb of bread
2 items instead of 2lb for one.

Thank you for reading my comments.

Sincerely,

Jennifer Roblee
WIC Participant

Riverside County, California

For
Peyton Roblee &
Devin Roblee

OCT 31 2008

P8731

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

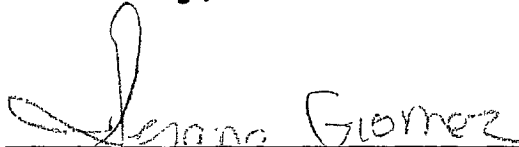
What I like most about the proposed changes is

The Added Bread, Corn Tortillas

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8732

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Everything, It's totally in line with my own personal nutritional guidelines.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

p8733

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits and vegetables plus getting bread makes since with the parent-father

What I like least about the proposed changes is

the drop in cheese just because my son likes cheese better than milk

Thank you for reading my comments.

Sincerely,

Lisa A. Henry for Richard Geron
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8734

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Adding Bread and Whole grain to the programs
and Fruits and Veggies, Being Pregnant this
benefits me a great deal.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

Jida Martin
WIC Participant

Riverside County, California

OCT 31 2006

P8735

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the fact that you are offering fresh fruits and vegetables. This is a great idea and will help my kid grow healthier.

What I like least about the proposed changes is

every thing is absolutely OK for me! Good Idea!

Thank you for reading my comments.

Sincerely,

Donnette Thorpe
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

98736

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

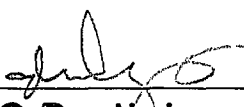
What I like most about the proposed changes is

the vegetable and fruit and the bread
is going to help my children w/ their
health.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

P8737

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Being able to get Vegetables & Fruits.
& breads.

What I like least about the proposed changes is

I like the change.

Thank you for reading my comments.

Sincerely,

Gabriela Perez

WIC Participant

Riverside County, California

OCT 31 2008

p8738

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

We have a larger variety and I don't really use milk so other choices will be better.

What I like least about the proposed changes is

They cut down on eggs and cheese and I really use that a lot and it's expensive in the stores.

Thank you for reading my comments.

Sincerely,

Latrice Walton
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

P8739

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruit, bread. I don't need that
much Juice. I like the canned beans.

What I like least about the proposed changes is

I'm not sure about less milk for
a four year old.

Thank you for reading my comments.

Sincerely,

Isabel Navarro
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8740

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

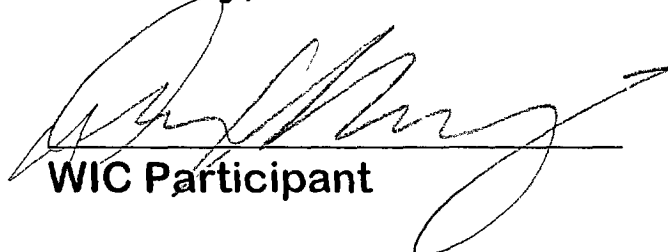
that it includes fresh
fruit & vegetables and also
animal products.

What I like least about the proposed changes is

Nothing, why didn't they
think of it sooner.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

P8741

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I can buy fruit and substitute
some of the milk certificates for
fruit and veggies.

What I like least about the proposed changes is

I do like the change. We eat
a lot of fruits and veggies.

Thank you for reading my comments.

Sincerely,

Spencer DeBoer

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8742

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

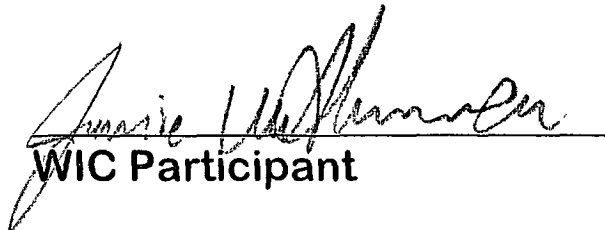
The Fruits and Veggies it will Really benefit my needs after having the baby I had a lot of Iron Deficiency in babies and it will benefit my son in time to come.

What I like least about the proposed changes is

not much I think the Idea is a Good one.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

pg 743

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

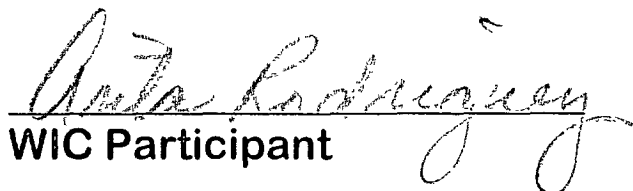
To buy fruit & vegetables

What I like least about the proposed changes is

Always need milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

D8744
OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Iron & veggies. Because my little girl

loves them. I'm glad.

What I like least about the proposed changes is

Least milk & cheese & egg. Because she

eats this every day.

Thank you for reading my comments.

Sincerely,

Sharmaine A. Canbare
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8745

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits and veggies

What I like least about the proposed changes is

Is the milk and cheese product for toddlers
Need more than that for the child.

Thank you for reading my comments.

Sincerely,

Christina Cox

WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8746

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Breads, less ^{juice} ~~juice~~, fruits + veggies
whole grains

What I like least about the proposed changes is

less milk
and less cheese

Thank you for reading my comments.

Sincerely,

Jennifer Jones
WIC Participant

Riverside County, California

OCT 31 2006

P8747

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fresh fruit and vegetables because

my family is very low income. And now

my son can eat better!

What I like least about the proposed changes is

Less milk and eggs.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

08748

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

IS that we get Bread (flour)

What I like least about the proposed changes is

I don't like the fact that we don't get whole milk and less milk.

Thank you for reading my comments.

Sincerely,

Monica Romero
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006
P8749

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

We get to buy Fruit and less milk, for my family its great because my kids are Drinking less Milk & Eating more Fruit.

What I like least about the proposed changes is

Nothing, everything is God.

Thank you for reading my comments.

Sincerely,

Marbella Baez
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8750

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

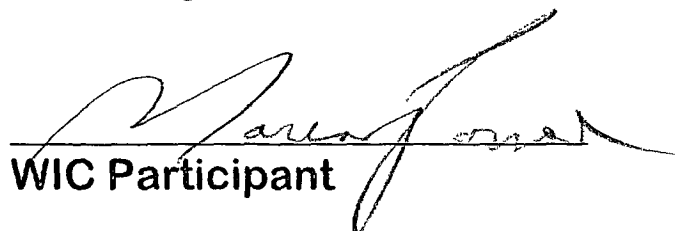
It's more ~~healthy~~ healthy for the kids and for everybody.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

p8751

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like most about the proposed changes
is that it's healthier choices

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

Julia Jones

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

P8752

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It adds more of a variety to
your diet, and helps kids eat
nothing.

What I like least about the proposed changes is

There isn't anything I don't
like about this proposal.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

P8753

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

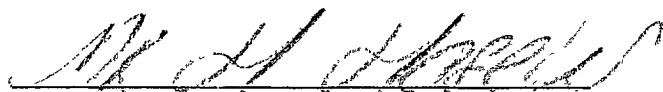
There's more variety to choose from.

What I like least about the proposed changes is

That there is too much sugar they added.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P8754
OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding fruits + vegetables + bread

What I like least about the proposed changes is

nothing - think it's a positive change

Thank you for reading my comments.

Sincerely,

Debbie Conner
WIC Participant

Riverside County, California

18753
OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

You are including fruits and tortillas because it will help my family with less expense out of our pockets.

What I like least about the proposed changes is

Nothing was a good change

Thank you for reading my comments.

Sincerely,

Christine Martinez
WIC Participant

Riverside County, California

OCT 31 2006

P8756

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the addition of fruit/veggies / Bread!!

_____.

What I like least about the proposed changes is

less juice

_____.

Thank you for reading my comments.

Sincerely,

Kym. Bka
WIC Participant

Riverside County, California

OCT 31 2008

P8757

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

THE FRUITS & VEGGIES ARE SO MUCH

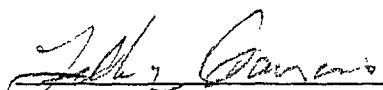
BETTER FOR THE WIC CHANGE!

What I like least about the proposed changes is

DON'T KNOW

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2008

P8758

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Whole grain breads

Corn Tortillas

What I like least about the proposed changes is

None comments

Thank you for reading my comments.

Sincerely,

Erica Alvarado

WIC Participant

Riverside County, California

P8759
OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I think that's great about the fruits & vegetables it was time that WIC had a change in their packages.

What I like least about the proposed changes is

that you could only choose 1 item out of the whole grain wheat sections.

Thank you for reading my comments.

Sincerely,

Bernice Contreras

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The obviously healthy choice difference is amazing. Everything seems much more well balanced.

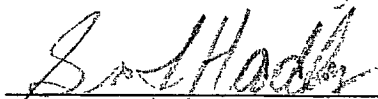
What I like least about the proposed changes is

The drop in amount of eggs as such a high protein source, seems like a poor change.

Thank you for reading my comments.

Sincerely,

Sara Hadley



WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p8761

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

"all The changes are Perfect!"

What I like least about the proposed changes is

The proposed of the changes
please the same 2 pounds

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

08762

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Adding items that are from
different cultures

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Christine Ayala

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture, p8768

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That we will have fruits and vegetables.

I think fruits and vegetables are

Very important.

What I like least about the proposed changes is

That the amount of eggs, and juice, cheese, will be reduced.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

p8764

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that now we also have more to choose from!

like the bread and fruits

What I like least about the proposed changes is

that we are going to get less milk since my

daughter is really good with her 2% less fat milk.

Thank you for reading my comments.

Sincerely,

M. Garcia

WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8765

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

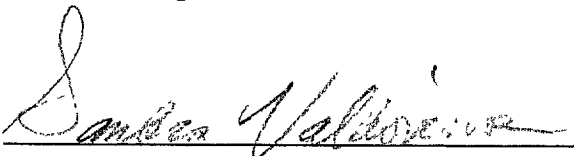
THAT NOW FRUITS + VEGGIES WILL BE INCLUDED. HEALTHIER LESS JUICES.

What I like least about the proposed changes is

EVERYTHING LOOKS GOOD.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

pg 766

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

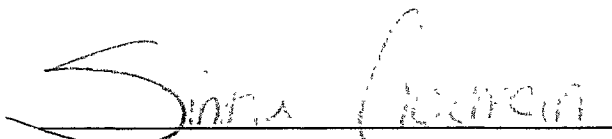
I like that you are adding more things to our diet to keep us more.

What I like least about the proposed changes is

I don't like that you have to cut down on other things like we do.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8767

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Better selection offered

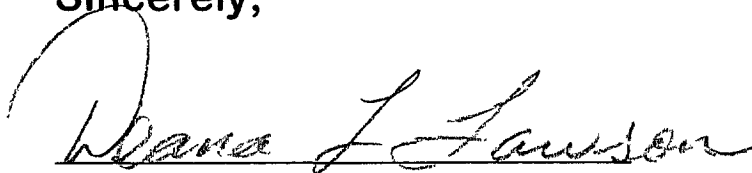
What I like least about the proposed changes is

Not enough milk or juice. We don't use 2% ever.

I do not like the change. Do not want the change

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

P8768

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that fat is taking away, and more (healthier) foods are offered.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8769

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

VEGETABLES and whole grains

What I like least about the proposed changes is

LESS JUICE AND MILK

Thank you for reading my comments.

Sincerely,

EDNA CLARE
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8770

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I think that ~~my~~ both new change & old way is okay.

What I like least about the proposed changes is

There's less of a cut down on products even though there's fruit & bread.

Thank you for reading my comments.

Sincerely,

CARMEA. ROJAS.

WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8771

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

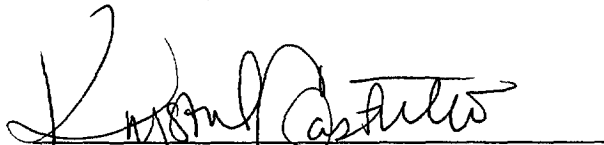
Fruit, Soy milk, Veg's

What I like least about the proposed changes is

Amount of milk, Juices Eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8772

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

more grains, bread and tortillas.

That's a good idea to have more

grains.

What I like least about the proposed changes is

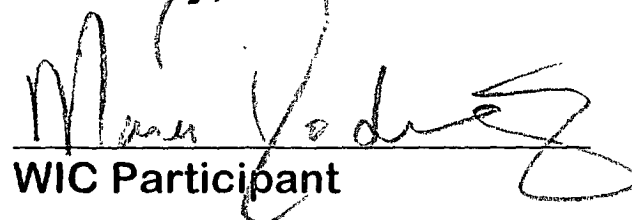
you guys are trying to

change and give less cheese!

Keep the cheese as is.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P8773

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The Variety of foods are great and adding vegetables and fruits is just Perfect. Thank you.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Martina Vasquez
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8774

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

They added more healthier foods for the kids to prevent obesity.

What I like least about the proposed changes is

n/a

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8775

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

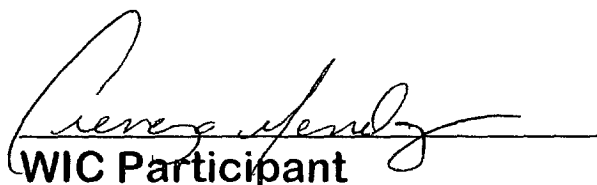
that there is variety of food & that it takes into consideration of different culture.

What I like least about the proposed changes is

There is nothing that I don't like about the new proposed change.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

P8776

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

it will give the kids more of a
choice what they want

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Gina Rodriguez
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8777

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I don't like the new proposal
(Changes).

What I like least about the proposed changes is

that my son drinks lots of milk &
juice and the new or (change) has less
of both.

Thank you for reading my comments.

Sincerely,

Raquel Sapp
WIC Participant

Riverside County, California

OCT 31 2006

P8778

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruits for the kids

What I like least about the proposed changes is

nothing. Don't change the juice.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

P8779

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

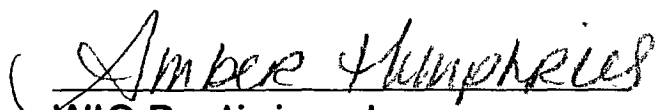
The whole grains that are offered now. Also the fruits. They are very important.

What I like least about the proposed changes is

There is nothing that don't like about it.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8780

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


It has more fruits & vegetables.

What I like least about the proposed changes is

that it doesn't come with 4 gallons of milk.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P8781

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

VARIETY OF CHOICES, DELICIOUS FLAVORS

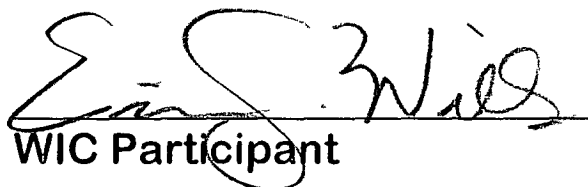
BETTER SOURCE OF NUTRITION, ABILITY TO
MAKE WHOLE MEALS

What I like least about the proposed changes is

CHEESE & JUICE LIMITATION.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P8782

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I think that it is a great ~~idea~~ Idea

~~to~~ think it will help our kids stay

~~to~~ healthier.

What I like least about the proposed changes is

None. At this time.

Thank you for reading my comments.

Sincerely,

Jessica Sanchez
WIC Participant

Riverside County, California

OCT 31 2006

P8783

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

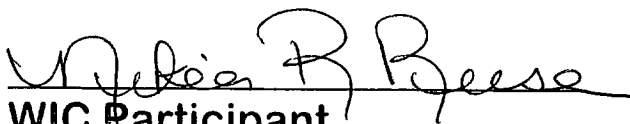
What I like most about the proposed changes is

I feel it's a great idea, sometimes
wic participant's need more help with
those things than getting milk and eggs..

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006
P8784

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that we will be getting fruits & vegs
in our foods

What I like least about the proposed changes is

we may be getting less on others

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8785

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

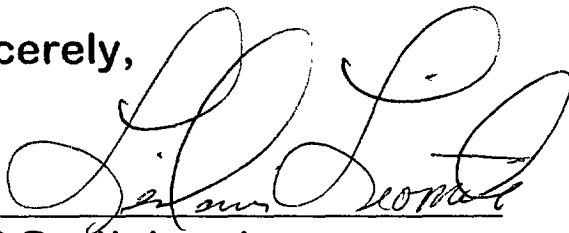
that it provides a few more whole grain & fruits choices. The current package I would consider more.

What I like least about the proposed changes is

The dairy substitutions soy beverages & tofu. I will not be using these items.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8786

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I would receive bread and
tortillas and fruits and vegetables

What I like least about the proposed changes is

I don't like the decrease
in milk and cheese or juice

Thank you for reading my comments.

Sincerely,

Evelyn Gomez
WIC Participant

Riverside County, California

OCT 31 2006

P8787

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I am happy to see that there will be fresh fruits and veggies.

What I like least about the proposed changes is

that there will be less milk and eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8788

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

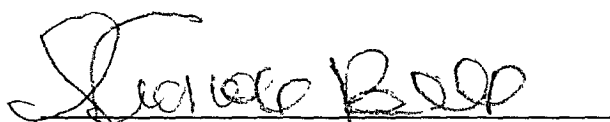
I like that you are changing things according to current dietary guidelines recommended by our children's pediatricians.

What I like least about the proposed changes is

I don't think that I have anything that I don't like, I agree with everything.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8789

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The tortillas as a choice

What I like least about the proposed changes is

One less gallon of milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8790

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

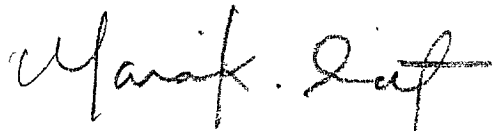
I like the added fruits & vegetables along with the tortillas and bread, it adds alot more variety from the food pyramid.

What I like least about the proposed changes is

~~The~~ I least like the ~~the~~ eggs being shortened, because that's an important part of the pyramid.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8791

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that we have to eat more vegetables
and fruits is more healthy for
ladies pregnant and babies.

What I like least about the proposed changes is

I think I like everything.

Thank you for reading my comments.

Sincerely,

Maritza
WIC Participant

Riverside County, California

P8792

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Adding more fruits and vegetables
Soy Beverages, tuna

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Mangia
WIC Participant

Riverside County, California

OCT 31 2006

P8793

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.


What I like most about the proposed changes is

fresh fruits and veggies
and whole grains.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8794

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


The fact that there fruit

What I like least about the proposed changes is

less milk and cheese and
eggs

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8795

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

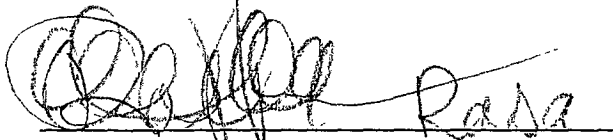
I like everything that is healthier for my family.

What I like least about the proposed changes is

that it is going to take a while for the change.

Thank you for reading my comments.

Sincerely,

 Rada

WIC Participant

Riverside County, California

OCT 31 2006

P8796

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

ADDING FRUIT & VEGGIES

What I like least about the proposed changes is

HOW ARE YOU GOING TO DO PRODUCE?

MUST HAVE PRE PACKAGE AS BULK WILL NOT WORK AT CHECK OUT

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006
Dear Friends at US Department of Agriculture,

P8797

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

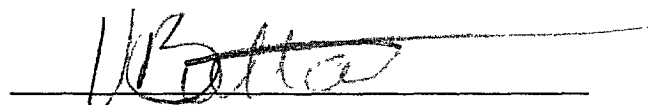
Adding fresh fruits & vegetables is healthier than juice. Thank you for taking in consideration each culture.

What I like least about the proposed changes is

I would've liked a different variety of protein?

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8798

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the variety of food. it seems to be healthy and better for the women & children

What I like least about the proposed changes is

there is nothing that i don't like

Thank you for reading my comments.

Sincerely,

Christina Kline
WIC Participant

Riverside County, California

OCT 31 2006

P8799

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It's more of a variety. You will be adding whole grains, fruits, veggies, soy, etc. Plus it's all healthy. Less fat & sugar by reducing juice, etc.

What I like least about the proposed changes is

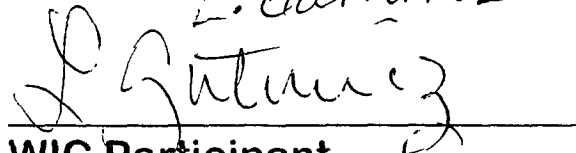
There's really nothing to dislike it seems as if it's the same amount of money. Just less chz, milk, etc but you're putting that into the additional items.

Thank you for reading my comments.

It may be shopping for more food in smaller portions but it seems to be accommodating with the change in food.

Sincerely,

L. Gutierrez.



WIC Participant

Riverside County, California

OCT 31 2006

P8800

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Cutting down on certain things
and adding more healthier
choices.

What I like least about the proposed changes is

I was okay with everything
because it makes sense.

Thank you for reading my comments.

Sincerely,

Vaina

WIC Participant

Riverside County, California